

HEALTHY PEOPLE, HEALTHY PLANET
ISSUE 277 AUGUST 2014
100% CANADIAN
SINCE 1982

common ground

FREE MAGAZINE



Bruce Lipton



Polo for Peace

*The chemistry
of
Love*



Joy on Tap



YANNI

WORLD TOUR • 2014

FRIDAY, SEPTEMBER 12

INSPIRATO



AVAILABLE NOW

QUEEN ELIZABETH THEATRE

TICKETS AVAILABLE ONLINE AT TICKETMASTER.CA, BY PHONE AT 1-855-985-5000, OR IN PERSON AT ALL TICKETMASTER OUTLETS

WWW.YANNI.COM

CREATOR & HOST OF THIS AMERICAN LIFE

IRA GLASS



REINVENTING RADIO:
AN EVENING WITH
IRA GLASS

SATURDAY, SEPTEMBER 27

VOGUE THEATRE

7:30 PM SHOW SOLD OUT!

TICKETS STILL AVAILABLE FOR

10:00 PM SHOW

TICKETS AVAILABLE ONLINE AT NORTHERNTICKETS.COM,
BY PHONE AT 604-569-1144 OR 1-855-551-9747,
OR IN PERSON AT THE NORTHERN TICKETS OFFICE (918 GRANVILLE ST.)

PHOTO: ADRIANNE MATHIOWETZ



ALTON BROWN LIVE!

THE EDIBLE INEVITABLE TOUR

FRIDAY, FEBRUARY 20

THE ORPHEUM

TICKETS AVAILABLE AT TICKETMASTER.CA,
1-855-985-5000 OR AT ALL TICKETMASTER OUTLETS



www.AltonBrownTour.com

PAULMERCS
CONCERTS

“Greenest City” mostly greenwash

by Elizabeth Murphy



The City of Vancouver's Greenest City policy update was presented to council in July. Although there are some successes in the plan, the majority of the city's development policies are greenwash and are actually increasing the city's environmental footprint rather than reducing it.

For example, the weekly food scraps pick-up has diverted some landfill to compost, which is a positive thing. However, demolitions of mostly older character buildings increased to over 1,000 last year, with about 100 tons per average 2,200-square-foot house going to the landfill. During the first six months of this year, the city approved an all-time record of \$1.12 billion in building permits. Most of those permits will require the demolition of an existing building, leading to another record year of demolitions.

In addition to building material waste, each demolition usually results in clear-cutting the lot of mature trees and landscaping with a further net loss to the urban forest canopy.

Key findings and analysis in a report by Preservation Green Lab of the National Trust for Historic Preservations included the statement: “Building reuse almost always yields fewer environmental impacts than new construction when comparing buildings of similar size and functionality.” In our climate type, it takes 50 years for a new, single-family home of similar size to overcome, through efficient operations, the negative climate impacts related to the construction process. And it takes 80 years to overcome urban village mixed use redevelopment.


Further, the city's environmental footprint is increased by the systemic bias toward new towers. Glass wall and concrete construction with elevators is the least energy efficient form of development. Vancouver is now ninth in the world for cities with the greatest number of skyscrapers, which is shocking given that Vancouver's population is listed at 616,537, making it the only one of the top 10 cities with fewer than 1.6 million.

What has not been given enough consideration is how the adaptive reuse of existing

houses with secondary suites, lane houses and infill can accommodate growth. For example, the increased population from 1941 when the West End was mostly single-family houses to when it was substantially built out to apartments in the 1991 census was only 70%. This growth could easily have been achieved through adaptive reuse and shows what could be possible in other neighbourhoods.

Instead, Vision's Greenest City has incorporated and rebranded the NPA's EcoDensity, which favours tower forms of high density. Adriane Carr and the Green Party of Vancouver understand the limits to growth while Vision ignores this fact, as they ramp up unlimited growth to reward the support of partners in development.

Bike lanes are not Vision's initiative, though Vision has rebranded bike lanes as its own. In fact, bike lanes have been part of the city's transportation plan since 1995 under the NPA. Fred Bass, a former COPE councillor, was the early champion of bike lanes on the Burrard Bridge, well before Vision. Bike lanes are not a significant issue in this election; the pace, scale and form of development in the city and affordable housing are the big issues.

Governance through branding and spin is not a sustainable practice. The city has a global reputation as a leader in community planning. We should get back to the proven practices of honest community involvement in neighbourhood planning and incorporate real sustainability principles rather than greenwashing. 

Elizabeth Murphy is a private sector project manager and a former Property Development Officer for the City of Vancouver's Housing & Properties Department and for BC Housing. info@elizabethmurphy.ca, www.elizabethmurphy.ca

OregaPet
Powered by Oil of Oregano

Tested on Humans for Pets

www.oregapet.com
Brought to you by Joy of the Mountains™
Info / Orders: 1.866.547.0268

Disinfect Your Pet Inside and Out!

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Janice Cain, Adam Sealey,
 Phil Watson
Design & Production - www.perublesky.ca
Proofing - Cara Colceugh

Contributors:
 Robert Alstead, Alan Cassels, Bruce Mason,
 Mac McLaughlin, Bruce Lipton,
 Vesanto Melina, Elizabeth Murphy,
 Gwen Randall-Young, Lucy Sharratt,
 David Suzuki, Eckhart Tolle,
 Gery and Suzanne Warner

Contact Common Ground:
Head office 604-733-2215
 Toll-free 1-800-365-8897 Fax: 604-733-4415

Advertising: Adam Sealey
 adam@commonground.ca

Phil Watson
 philwatson.cg@gmail.com
 direct line: 604-536-1198

Janice Cain
 janice@commonground.ca

Editorial: editor@commonground.ca
 datebook@commonground.ca
 classifieds@commonground.ca

Common Ground Publishing Corp.
 3152 West 8th Avenue
 Vancouver, BC V6K 2C3 Canada

100% owned and operated by Canadians.
 Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
 Return undeliverable Canadian addresses to
 Circulation Dept. 204-4381 Fraser St.
 Vancouver, BC V5V 4G4
 ISSN No. 0824-0698

Copies printed: 75,000
 Over 250,000 readers per issue
 Survey shows 3 to 4 readers/copy
 Plus online at www.commonground.ca

Annual subscription is \$75 (US\$75) for one
 year (12 issues). Single issues are \$6 (specify
 issue #). Payable by cheque, Visa, MasterCard,
 Interac or money order.

Printed on recycled paper with vegetable inks.
 All contents copyrighted. Written permission
 from the publisher is required to reproduce,
 quote, reprint, or copy any material from Com-
 mon Ground. Opinions and views expressed in
 the articles do not necessarily reflect those of the
 publishers or advertisers. Common Ground Pub-
 lishing Corp. neither endorses nor assumes any
 liability for any and all products or services ad-
 vertised or within editorial content. Furthermore,
 health-related content is not intended as medical
 advice and in no way excludes the necessity of an
 opinion from a health professional. Advertisers
 are solely responsible for their claims.

www.commonground.ca

features

FEATURES

- 3 "Greenest City" mostly greenwash
Elizabeth Murphy
- 5 Polo in Iran
Gery and Suzanne Warner
- 6 "Choosing Wisely" anything but wise
Alan Cassels
- 10 GMO Bites
Séralini study defies censors
Lucy Sharratt
- 12 The chemistry of love
Bruce Lipton
- 14 The art and world of tap
Bruce Mason



Cover design: Kris Kozak

Enviro-Genes

In May, Bruce Lipton spoke at the I Can Do It! conference in Vancouver. His talk challenged the long-held belief that our cells are primarily the product of our genetics. Through his research, this stem cell biologist has shown that the fate

of our cells is determined by the environment. Lipton notes how love chemicals make cells thrive while fear chemicals make them perish. Read an excerpt of his talk in this month's issue.

columns

CULTURE

- 23 Blisters and bonhomie
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

- 11 A healthy planet = strong economies
SCIENCE MATTERS
David Suzuki

HEALTH

- 9 How healthy is eating fish?
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

- 18 Take your body back!
UNIVERSE WITHIN
Gwen Randall-Young

SPIRITUALITY

- 17 Awakened doing
A NEW EARTH
Eckhart Tolle

NEW FOR YOUR HEALTH

- 16 STAR WISE
- 19 RESOURCE DIRECTORY
- 24 DATEBOOK
- 25 CLASSIFIED



Polo in Iran

Breaking barriers, building diplomacy

by Gery and Suzanne Warner



and the best jaunt ever. We arrived bleary-eyed at 1:30 in the morning, after long flights from Vancouver to Frankfurt, and from there on to Tehran. A well-dressed man at the ramp held up a sign with our name and guided us to the “CIP” lounge, a quiet place with a divan and coffee tables laden with tea and little cakes. What a welcome sight for weary tourists.

Remarkably absent was the Western penchant for ‘security’ – armed police, sirens, walk-through X-ray scanners and other off-putting recent developments. Compare that to our own airports or even the rude treatment we get at our USA borderland crossings.

A few days into our trip, we found that Iran, contrary to current media reportage, was a safe, inviting and truly beautiful country. Streets with no fear bustled with a cheery, healthy citizenry. Families picnicked on the boulevards. Muslims, Christians, Jews and Zoroastrians all mingled in harmony. Throughout 1,500 kilometres of Iran, we saw no wild-eyed fanatics. Has the world been misled by our media?

Ready smiles and warm hospitality met us wherever we went; our Iranian hosts took care of every wish and then some. As it turned out, this FIP tournament was a big thing. The media were out in full force: CNN, NBC, local news and documentary videographers. Flashing cameras and frequent interviews with local TV instantly turned each of us into a Brad Pitt or Angelina Jolie for a fleeting week. Whenever we

When the doorbell rang at our California winter home, it was George Dill, telling me in his trademark, gruff voice, “Gery, I’ve got some Iranian visitors here. I want ‘em to meet you.”

I was delighted at this unexpected visit. It would allow me to practise my long neglected Parsee on these new victims. I opened the door with *As-Salaam Alaikum* and whatever else I could manage, then took them on a quick tour of my humble abode. My Persian



I’m a fussy eater, but our guide assured us I could relax: Iran was GMO-free.

guests had called on George, who held a prestigious job as Governor of the US Northwest Polo Circuit, to hobnob. They were about to host the 83rd Federation of the International Polo Ambassadors’ Cup (FIP) tournament and, by the way, would I like to play?

Truth be told, I already knew what I wanted to do and that Suzanne, my wife, typically the co-conspirator in these adventure matters, would certainly go for it as well. “We’re in!”

A few weeks later, in spite of our parliament banning the Iranian embassy from Ottawa, our visitors had the visas arranged through the Pakistan Embassy in Washington. We were off to Iran and man, it felt good. We were on our way to play in a land steeped in polo history and whose culture, poetry and visual arts are intertwined with my hobby of the last 30 years.

Of course, there was the gorilla in the room: The news reports and all the controversy, the mass media demonizing Iran with all the usual propaganda the government uses as pretext and prelude to war. Yet whatever the mainstream media was uttering was at odds with what I knew of the peaceful nature of modern Iran and the fun-loving character of the Iranian people. Would Israel or the Americans bomb the place? Probably, if they could. And to put it mildly, our foreign minister could do a better job of representing Canada; his statements on Iran were ignorant at best and, at worst, served foreign powers. We wanted to see the real Iran again for ourselves, unfiltered by political posturing.

And so we found ourselves off to a polo tournament



emerged from a meeting or a transport vehicle, media recorded our every move. Apparently, they found it to be a very newsworthy event.

Our host, Hamze Ilkhanizadeh, put us up at the finest hotels and daily lunch and din- *continued p.26...*



“Choosing Wisely” is anything but wise

If you want some reliable advice about which medical procedures, screening tests or drug therapies are unnecessary, useless or even downright dangerous, one of the best sources is the medical professionals themselves. After all, the people delivering the procedures and prescribing the tests or drugs are best situated to determine which of them are a waste of time and possibly harmful to the patient.

Let that thought sink in for a moment, then ask yourself, “Is Alan losing his marbles?” I’m not. At least, I think I’m not. But to suggest it’s fruitful to ask people who deliver services to tell you which ones are dangerous, stupid or wasteful overlooks one very keen principle of human nature: Economic self-interest.

It’s not really fair to ask for an objective opinion from anyone who has a vested interest in what they’re selling. How about the sales clerk in the vitamin store, the investment broker or your barber? Do they ever say you need ‘fewer’ of their services? Economic self-interest is a powerful motivator and we shouldn’t expect people to act differently when defending medical practices and promoting their own ideas. After all, they too have to feed their children.

But this is exactly what we are seeing happening with the recent “Choosing Wisely” campaign (www.choosingwisely.org), which, on the face of it, is an

extremely beneficial exercise. The campaign aims to get medical specialists themselves to answer the question, “What medical care are you routinely providing that is mostly unnecessary and possibly harmful?”

This is what I’d call the ‘blood letting’ question, which conjures up images of the many barbaric things that state-of-the-art medicine delivered in the name of patient care 50 or 100 years ago. Think of electroshock therapy, heroin-laced cough syrup, thalidomide for pregnant women, lobotomies and so on. The list of blood-letting procedures looks very long in hindsight.

“Choosing Wisely” was created in the US by the ABIM Foundation (American Board of Internal Medicine) recognizing that the concept of “too much medicine” is starting to go mainstream and that even consumers are demanding that medical specialties start assessing which services they deliver that could be deemed potentially useless, unnecessary or harmful. The ABIM has asked dozens of specialty organizations in the US (and now in Canada) to put forward lists of the five “Things Physicians and Providers Should Question.” For the Canadian take on things, visit www.Choosing-WiselyCanada.org to see what’s on the list so far.

On the site, you’ll find the Canadian Medical Association’s Forum on General and Family Practice (over-

seeing the care delivered by your family doctor). Their list of the “Five Things Physicians and Patients Should Question” includes:

Don’t do imaging for lower-back pain unless red flags present.

Don’t use antibiotics for upper respiratory infections (i.e. colds or flus likely due to viruses).

Don’t give X-rays or ECGs for asymptomatic or low-risk patients.

Don’t give Pap smears to women under 21 years of age or over 69 years of age.

Don’t do annual blood screening tests unless directly indicated by the profile of the patient.

Not a bad start, methinks, yet I wouldn’t classify these “Don’t Do’s” as low-hanging fruit; they’re more like fruit that’s rotting on the ground. In the interests of collegiality, let’s cut the College of Family Physicians some slack and give them one gold star for at least starting the discussion: “Attaboy. Keep at ‘er.”

Now you’re wondering, “What is on Alan Cassels’ list?” That’s a good question because over the last 20 years, I’ve often spoken and written about the gap between medical evidence and medical propaganda. I’ve found over that time lots of medical care not supported by good evidence, but it’s actually difficult to come out with a blanket condemnation

Helping people attain optimum health.

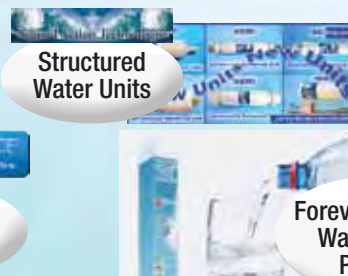
cleanse • replenish • revitalize



Weighted Acu
Hula Hoops®



Patented
Insoles



Structured
Water Units

Earthing Mat

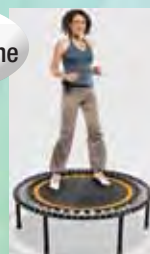
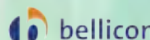


Forever Alkaline
Water Stick
Purifier



The
Real Champion
of Juicers

Springless
Mini Trampoline



Kenrico Lifetime
Ion Shower
Head

Teeter
Hang Ups



New Designer
Series Blender



250.370.1818 | 1.888.370.1818 | 770 Spruce Avenue, Victoria | www.trianglehealing.com

Who shops at Triangle? People who want to transform their health. Triangle Healing offers an amazing range of well-researched products that enhance well-being!

on what specifically constitutes useless, unnecessary and possibly harmful medical care. My “Don’t Do” list for family doctors (or, at least, things doctors and patients should question) is below and I’m inviting anyone who disagrees with me to write me and explain why they disagree:

1. Don’t order annual physicals for healthy people. The ritual of patients showing up every year for an ‘annual checkup’ when already feeling perfectly healthy isn’t proven to contribute to the quality and length of patients’ lives. Sorry, at the same time, patients should see their doctor to get any symptom, worry or concern immediately checked out. Our docs are there to help determine what might be wrong and provide some signposts on how to fix things.

2. Don’t give statins (cholesterol-lowering drugs) to anyone unless the person can prove they have heart disease, understands the low possibility of benefit, has read a comprehensive list of statin-related adverse effects and begs politely for a script, using the term “pretty please with sugar on top.”

3. Don’t routinely offer a PSA test to otherwise symptomless, healthy men. Which is to say, stop offering a prostate screening test that is statistically more likely to ruin a healthy man’s life than save it.

4. Don’t routinely push women to get their mammograms done. The main exceptions here are women who have a strong family, genetic or personal history of breast cancer and who have read and understood fully the evidence around mammography and their chances of having a false positive, false negative or an unnecessary biopsy.

5. Don’t offer anyone – no woman, man or beast – a bone density test. This test will only add anxiety and fear to a person’s list of woes. It won’t prove anything and it

won’t help anyone except by adding revenues to osteoporosis drug makers and companies that make and operate bone density test machines.

6. Don’t routinely offer pregnant women artificial labour induction – to speed up labour – if a woman seems to be a few days past her ‘due’ date. A pregnant woman is not a quart of milk that spoils after some arbitrary and unscientifically determined date. Artificial labour induction for an otherwise healthy pregnant woman with a nor-

It’s not really fair to ask for an objective opinion from anyone who has a vested interest in what they’re selling.

mal pregnancy is a fast-track to a C-section.

7. Don’t routinely offer pregnant women the ‘choice’ to have a C-section. Unless there are strong medical reasons for one, the evidence says a Caesarean section is major abdominal surgery with potential for harms, complications and adverse effects for both mother and child. C-sections are valuable and lifesaving for some and shouldn’t be treated as a discretionary procedure.

8. Stop giving children antidepressants. Just stop. While pondering that thought, consider rereading the FDA’s or Health Canada’s warnings on SSRIs in children. There are many beneficial things medicine can do with troubled children, but feeding them antidepressants, statistically speaking, will increase the likelihood they’ll attempt suicide.

9. Stop obsessing about your patients’ blood pressure, especially in elderly people. In fact, for older patients who are otherwise well and stable, their slightly elevated blood pressure should not be cause for alarm; nor should it instigate constant checking and rechecking and the consumption of prescriptions for one, two or maybe even three antihypertensive drugs. This busywork to bring down the pressure to a ‘target’ level that someone has determined to be ‘normal’ is a pharmaceutical industry construct that continues to harm many people and break many hips.

10. For your patients who have type-2 diabetes and who seem to get along fine with no problems managing their blood glucose levels, stop urging them to frequently and obsessively test their blood sugars. The testing and retesting of blood sugars is as close to modern blood-letting as we can come and most people with uncomplicated diabetes should be able to control it with diet alone and older, proven drugs like metformin.

There, I’ve said it. That’s my list. “Ten things Alan Thinks Physicians and Patients Should Question.” While there may be some very good medical reasons why these things haven’t yet been nominated on the list created by Canada’s family physicians, let’s not assume economic self-interest is one of them. They’ve made a start and that’s good. Now, what’s on your list? Write me at alan@alancassels.com ☒

Alan Cassels is a pharmaceutical policy researcher in Victoria. He is seeking ways to convince people that consuming less medical care – the unnecessary, useless or harmful stuff – can be healthy. You can follow him on twitter @AKECassels or at www.alancassels.com



The Reconnection®

HEAL OTHERS. HEAL YOURSELF

**WITNESS, DISCOVER & REALIZE
YOUR ACTUAL HUMAN POTENTIAL!**

Experience Reconnective Healing®:

- Recognize the “RH field” of energy, light and information
- Learn the science and philosophy
- Learn self, distance, hands-on and hands-off healing
- Utilize this work in your everyday life
- Have a career as a Reconnective Healing Foundational Practitioner™



17 OCTOBER 2014 FRIDAY • OCTOBER 17 • 18:30
The Essence of Healing™
presented by Eric Pearl

17-19 OCTOBER 2014 FRIDAY-SUNDAY • OCTOBER 17-19
Level I: The Essentials of Reconnective Healing Seminar™
taught by Eric Pearl & The Reconnection Teaching Team

20-21 OCTOBER 2014 MONDAY-TUESDAY • OCTOBER 20-21
Level II: Reconnective Healing Foundational Practitioner Program™
taught by Eric Pearl & The Reconnection Teaching Team

Sign up today for a special discount! For a short time only.





REGISTER TODAY!
TheReconnection.com | info@TheReconnection.com
 +1 323 960 0012

LOCAL CONTACTS
 Sandra Jewell | jewellsandra@hotmail.com | +1 604 521 0469
 Rebecca Girouard | bec.girouard@gmail.com | +1 250 642 0045

New for Your Health

Natural Beauty
SKINCARE®
CREATED BY NATURE'S CREATIONS
SINCE 1994



Aroma-face-Complex — a breakthrough in skin hydration

Aroma-face-Complex plays the primary role as a pre-moisturizer in our breakthrough botanically-powered hydration system. These advanced performance formulas hydrate skin by replenishing dehydrated and troubled skin with the botanical benefits of organic extracts, vitamins and essential oils. The light molecular structure of the skin-specific blends absorbs into the deep layers of the epidermis carrying the botanical benefits and energy of thousands of rose petals into your skin promoting a gorgeous glow. Available at Nature's Creations, Whole Foods Markets and at www.naturalbeautyskincare.ca



Chanson Violet Water Ionizer — quality meets affordability

Scientists have proven that diseases like cancer thrive in an acidic environment. Drinking 9.5 PH water from your Chanson Ionizer is 500 times more alkaline than ordinary tap water and it's free of chlorine and heavy metals. It's recommended for drinking at selected settings between pH 8 and 9.5. Experience the benefits of owning a quality water ionizer without all the bells and whistles. Enjoy the low price of high quality, fresh tasting water from your own sink. Canada Ionizers is a proud Chanson distributor and provides free delivery and installation in the Lower Mainland. www.canadaionizers.ca



Quantum Wave Laser, Cold Laser Therapy — drug free, pain-free

Restart your life and get back to health with the Quantum Wave Laser, Cold Laser Therapy! This non-invasive, drug-free, pain-free therapy uses revolutionary, scalar wave, Tesla and violet light technology. Approved by Health Canada, FDA, the EU and other countries for over-the-counter use in pain relief, arthritic pain relief, stress management, relaxation, aiding circulation, decreasing inflammation and anti-aging. Amazing responses as well to skin irritations, breaks, fractures, cuts, burns, spinal issues, viruses, various diseases and to aid the body's energy flow for wellness. 604-259-1556, 204-216-2022. www.ilovemylaser.com/carmelstoesz



Learn to reverse ageing through the intuitive art of cosmetic energy healing with founder Lily Chandra – Online courses available –

Learn to reduce wrinkles, scars, moles, varicose veins, stretch marks and reverse grey back to its natural colour, remove unwanted hair and regrow lost hair

For more info on Lily and her services visit www.cosmeticenergyhealer.com
• info@cosmeticenergyhealer.com •

VANCOUVER | Aug 16 - 20, 2014
AMSTERDAM | Sept 15 - 19, 2014
MAUI | Nov 9 - 15, 2014
KERALA, INDIA | Jan 5 - 11, 2015

Cosmetic Energy Healer
Medical Intuitive

Mind Body Spirit Weekend

Learn & Practise Scientifically Studied Tools to Heal Your Body & Life



Dr. Divi Chandna is an MD, Certified Medical Intuitive, Mind Body Medicine Coach, Author, International Speaker & Mind Body Medicine Expert for Global TV

Vancouver – September 20 & 21, 2014
Victoria – September 27 & 28, 2014

This weekend Immersion is a mandatory pre-requisite for Mind-Body-Spirit Teacher Training

To register, call 604-739-3484 or online www.drdivi.com



How healthy is eating fish?

Fish has long been widely regarded as a health food, but that perspective is changing, which isn't entirely surprising given we use the oceans, rivers and waterways that feed into oceans as dumping grounds for every imaginable toxin. Whereas 15 or 20 years ago, fish and fish oil supplements were linked with health benefits for people with certain disease conditions, recent studies show no reduction in the risk of cardiovascular disease or death. Fish oil supplements were also used in studies on prostate cancer, but that too has come into question. In order to avoid prostate cancer, it now appears prudent for men to avoid large doses of long chain omega-3s, whether from fatty fish or supplements.


the perception and cognitive abilities of fish often match or exceed those of other vertebrates

Ethics and environment: Fish stocks are being depleted and where ocean fishing is carried out, the bycatch has tragic consequences for many other forms of sea life. Fish farming further complicates the situation, with damaging effects on wild fish.

Fish as intelligent, sentient beings: Research from Australia indicates the perception and cognitive abilities of fish often match or exceed those of other vertebrates, including primates and household pets. It also appears their brains are more similar to the human brain than previously believed. Fish can recognize other fish, develop complex traditions and perform multiple, complex tasks simultaneously. And fish have the same neurological system as other vertebrates; it may be obvious to anyone who has fished that they show a strong, full bodied dislike to having a hook through their cheek and to suffocating.

Direct sources of long chain omega-3s: While our bodies can make the long chain omega-3 fatty acids – such as DHA – that are commonly associated with fatty fish, there are some stages of life or disease conditions for which a direct source could be beneficial. Research shows 200 to 300 mg of DHA may be associated with improved visual and cognitive development for infants. Fortunately, DHA supplements are an option and these can be based on the same vegan biological source that fish use to get their DHA: microalgae. In fact, with a vegan DHA supplement, one can be assured the source isn't accompanied by the mercury present in so many fish. It is not certain that child-bearing women require direct sources of DHA, as their body's production is greatly increased at this stage of life.

Others who may possibly benefit from a direct source are those with type 2 diabetes as their ability to form DHA may be reduced. For sources, simply do an online search for "vegan DHA."

Cleaner alternatives: We can easily get the omega-3 fatty acid that is a known essential – alpha-linolenic acid (ALA) – from plant-based sources, including walnuts, chia seeds, ground flaxseed, flaxseed oil and balance (3, 6, 9) oils. Our body converts ALA into the longer chain forms EPA and DHA at moderate levels. We may not want an excess of DHA floating around in our bloodstream as it is easily oxidized and may cause health problems. For those who like the taste, texture and protein of fish, check out Gardein's new Golden Fishless Filets in your supermarket's freezer section. 

For more information on these topics, see the award winning **Becoming Vegan: Express Edition** and (hot off the press) **Becoming Vegan: Comprehensive Edition**, both by Davis and Melina. Vesanto Melina: www.becomingvegan.ca and www.nutrispeak.com. For consultations, call 604-882-6782.

Train for a Career as a Certified Nutritional Practitioner!



Earn a Diploma in Applied Holistic Nutrition



The Institute of Holistic Nutrition

"The industry leader in training nutrition professionals"

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins September 2014



For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com

GMO Bites Séralini study defies censors

by Lucy Sharratt

A French study on the safety of genetically modified (GM, also called genetically engineered) corn has just been republished. This seemingly ordinary event is globally significant. The study and the public fight over it exposes an ugly and dangerous reality in the regulation of GM foods across the world: The GM foods we are eating have not been subjected to long-term animal feeding trials.

The team of French scientists, led by Caen University molecular biologist Giles-Éric Séralini, conducted a two-year animal feeding trial on GM corn. It was published in September 2012 in the journal *Food and Chemical Toxicology*, but was retracted a year later after a coordinated industry backlash that included the appointment of a former Monsanto employee to the journal's editorial board.

The retraction itself was unprecedented because of the reasons given (the results were inconclusive) and the misrepresentation of the study in the journal's rationale (that the study made claims about cancer when "cancer" is not even mentioned in the study).

The paper is now published in the online journal *Environmental Sciences Europe*. The journal's editor, Winfried Schröder, said, "We want to enable a rational discussion about the study."

Back in 2007, Professor Séralini and his team had already analyzed Monsanto's data on a different (insect

resistant) GM corn, MON863. A German court ruling had provided the team with the raw data, over Monsanto's objections, and the team concluded the data actually shows signs of liver and kidney toxicity. They stressed the need for studies beyond the industry standard of 90 days, but Monsanto did not take up the challenge.

To test the question of chronic health impacts, Séralini's team conducted a feeding trial of GM corn NK603 over the full two-year lifespan of rats. NK603 is a GM trait

Roundup causes severe liver and kidney deficiencies and hormonal disturbances, such as breast tumours...

that creates GM "Roundup Ready" corn, which is tolerant to Monsanto's brand-name herbicide formulation called "Roundup" (fields can be sprayed with Roundup and the weeds die while the GM corn lives). The rats were fed three different diets: The GM corn alone, the GM corn grown with Roundup (with Roundup residues, because this is how the corn is grown) and Roundup alone.

The team summarized the results in their June 2014 press release: "...Roundup causes severe liver and kidney deficiencies and hormonal disturbances, such as breast tumours, at low environmentally relevant levels.

Similar effects were observed from the chronic consumption of Roundup-tolerant GM maize [corn]. This is due to residues of Roundup and to the specific genetic modification of this maize. The formulations of Roundup, as well as Roundup-tolerant GMOs, should therefore be considered endocrine (hormone) disruptors and should be re-evaluated for safety by the health authorities." The first tumours were observed one month after Monsanto's 90-day test ended and peaked at 18 months.

The GM trait NK603 was approved in Canada in 2001, three years before Monsanto even published its short, now challenged, 90-day feeding trial. For over a decade, corn with this GM trait has been used for animal feed and in processed food ingredients in Canada, but Monsanto also recently put NK603 into GM sweet corn (2012). We know, from tests done by the Canadian Biotechnology Action Network, that GM sweet corn is in some grocery stores, farmers markets and roadside stands across the country.

Recommended reading

GMO Myths and Truths, Second Edition. May 2014. Earth Open Source, <http://earthopensource.org/index.php/reports/gmo-myths-and-truths>

Lucy Sharratt works in Ottawa as the coordinator at the Canadian Biotechnology Action Network, coordinator@cban.ca, www.cban.ca



THE BUTCHER



P2P PASTURE TO PLATE
PEOPLE • ANIMALS • HEALTHY SOILS

1420 Commercial Drive,
Vancouver
604 215 0050

MEAT

AS IT OUGHT TO BE

- CERTIFIED ORGANIC
- CERTIFIED DEMETER CANADA
- GRASSFED
- RESPECTFULLY HARVESTED
- DRY AGED
- 100% BC

pasturetoplate.ca



Gratefully Going GREEN
story & illustrations by David Joel Hiebert

The book that spells **GREEN** in a Fun New Way!

"How clever & beautiful." "Magical."
"Love your illustrations, they come alive."
"We enjoyed the rhymed verse so much."
"You cracked the Green Code."

Gratefully Going GREEN enjoyed at Vancouver's 2014 BIL Conference, can now be yours to See, Read and to Eco-Econo Download at ...

www.gratefullygoinggreen.com

Real Raw Food
Distributor of Organically Grown Truly Raw Foods

WHOLESALE TO EVERYONE

Pure unheated, unpasteurized, non-GMO, gluten-free nuts, seeds, dried fruit, cacao, coconut oil & sugar, spirulina, maca, chia, vanilla, honey & more...

www.realrawfood.com

Call 250-496-5215 • Naramata, BC



A healthy planet = strong economies

Those who don't outright deny the existence of human-caused global warming often argue we can't or shouldn't do anything about it because it would be too costly. Take Prime Minister Stephen Harper, who recently said, "No matter what they say, no country is going to take actions that are going to deliberately destroy jobs and growth in their country."

But in failing to act on global warming, many leaders are putting jobs and economic prosperity at risk, according to recent studies. It's suicidal, both economically and literally, to focus on the fossil fuel industry's limited, short-term economic benefits at the expense of long-term prosperity, human health and the natural systems, plants and animals that make our well-being and survival possible. Those who refuse to take climate change seriously are subjecting us to enormous economic risks and foregoing the numerous benefits that solutions would bring.

The World Bank – hardly a radical organization – is behind one study. While still viewing the problem and solutions through the lens of outmoded economic thinking, its report demolishes arguments made by the likes of Stephen Harper.

"Climate change poses a severe risk to global economic stability," said World Bank Group president Jim Yong Kim in a news release, adding, "We believe it's possible to reduce emissions and deliver jobs and economic opportunity, while also cutting health care and energy costs."

"Risky Business," a report by prominent US Republicans and Democrats, concludes, "The US economy faces significant risks from unmitigated climate change," especially in coastal regions and agricultural areas.


We're making the same mistake with climate change we made leading to the economic meltdown of 2008, according to Henry Paulson, who served as treasury secretary under George W. Bush and sponsored the US bipartisan report with former hedge fund executive Thomas Steyer and former New York mayor Michael Bloomberg. "But climate change is a more intractable problem," he argued in the New York Times. "That means the decisions we're making today – to continue along a path that's almost entirely carbon-dependent – are locking us in for long-term consequences that we will not be able to change but only adapt to, at enormous cost."

Both studies recommend carbon pricing as one method to address the climate crisis, with the World Bank arguing for "regulations, taxes and incentives to stimulate a shift to clean transportation, improved industrial energy efficiency and more energy efficient buildings and appliances."

Contrast that with Harper and Australian Prime Minister Tony Abbott's recent mutual back-patting in Ottawa. Appearing oblivious to the reality of global warming and economic principles, both rejected the idea of a "job-killing carbon tax."

In a commentary in Nature, a multidisciplinary group of economists, scientists and other experts called for a moratorium on all oil sands expansion and transportation projects such as pipelines because of what they described in a news release as the "failure to adequately address carbon emissions or the cumulative effect of multiple projects."

Those who fear or reject change are running out of excuses as humanity runs out of time... "Climate inaction inflicts costs that escalate every day," World Bank Group vice-president Rachel Kyte said, adding, its study "makes the case for actions that save lives, create jobs, grow economies and, at the same time, slow the rate of climate change. We place ourselves and our children at peril if we ignore these opportunities."

If our leaders can't comprehend that, let's find some who can. 

Written with Contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at www.davidsuzuki.org

Learn. Teach. EMPOWER.



Achieve optimal health, well-being, and an exciting career with a Diploma in Holistic Nutrition from Canada's leading Holistic Nutrition School. **CSNN** exclusively offers the R.H.N.™ Designation (Registered Holistic Nutritionist), the most recognized designation in the industry.

To learn more about CSNN's Natural Nutrition Diploma program, visit www.csnn.ca.



Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE®

CSNN Vancouver
604.730.5611
van@csnn.ca

CSNN Nanaimo
250.741.4805
nanaimo@csnn.ca

CSNN Kelowna
250.862.2766
kelowna@csnn.ca

The chemistry of *love*

Understanding the Honeymoon Effect

by Bruce Lipton



Bruce H. Lipton, PhD is a stem cell biologist and an internationally recognized leader in bridging science and spirit. He is the bestselling author of The Biology of Belief and The Honeymoon Effect: The Science of Creating Heaven on Earth. In May, he spoke on the Honeymoon Effect

at the Hay House I Can Do It! conference in Vancouver. Below is an excerpt of his talk. (www.bruce-lipton.com)

Forty-seven years ago, I was culturing stem cells. It was really neat because I was cloning them at a time when only a handful of us in the entire world even knew what a stem cell was. It's an embryonic cell. Every one of you has embryonic stem cells in you right now for the simple reason you're here and you're alive. If you don't have stem cells, you cannot stay alive because every day you lose hundreds of billions of cells, which die from normal attrition. Normal use as well as trauma would have any kind of impact on them. You have to replace hundreds of billions of cells every day. If you don't replace them, you don't have too many days left before you lose too many to stay alive.

How do you replace them every day? You use the stem cells. All of you are fortunately endowed with stem cells. I take one of these cells and put it in a dish all by itself. It divides every 10 or 12 hours so after a week I have 50,000 cells in the petrie dish and every cell is genetically identical because they came from the same parent. I take the cells out of this dish, put some into another petrie dish and change the environment.

Cells are like fish. They have to live in a fluid. You cut yourself open and all the fluids run out because you have an aquarium inside in which 50 trillion cells are living. I change the fluid environment in the dish and in Environment A – changing the chemistry a little bit – my stem cells form muscle. Then I go back to the very same dish, take some more of the genetically identical cells, put them in another dish with Environment B and in that chemistry they form bone. Well, wait, I go back to that dish, take some more identical cells, put them in Environment C and the cells form fat cells.

You're left with a very simple but most profound question: "What controls the fate of the cells?" Well, don't say "genetics." That would be the wrong answer. The environment controls the fate of the cells.

They're all genetically identical. It's the environment. So cells are always adjusting themselves to an environment.

This is a new science that, in 1999, was officially named epigenetics. It's a revolution and I'll explain the science of why it changes your life. Before epigenetics, I was teaching medical students the concept of "genetic control" – genetic determinism, control by genes, that your life is controlled by genes and if you have something like a cancer gene, you will automatically get cancer. This is totally false. Very important: There are no such things as cancer genes. There is no gene that causes cancer. That's a fact, I'll tell you that right now. As a matter of fact, only about 1% of human diseases actually have a genetic cause; 99% of human illness is environmental, lifestyle and consciousness controlled.

The new science, epigenetics, is a revolution because "epi" means "above." If I say "epigenetic control," the new science is saying control above the genes. We're beginning to find out how environment actually selects and modifies the genes. You can alter every one of your genes and create a thousand or two thousand variations of proteins from the same gene blueprint just the way you respond to the environment. When you change how you respond to the environment, you change the genetic read-out. That's why we find that less than 10% of cancer actually has a hereditary linkage to it. Most of cancer is lifestyle; cardiovascular disease, 90% or more, lifestyle; diabetes type 2, 100% lifestyle.

We've been blaming everything on the genes and saying we're victims. Victims of heredity. "Oh, I'm so sorry you've got those genes running in your family." Well, then you have no power. You seek power so you pay somebody else. You pay the pharmaceutical company, which has ripped you off and killed you for years. It's time to get back that you are in control of your health.

One little quick insight about the nature of health – I have a culture dish with cells growing in it. A simple fact: If I take this dish and move it from a healthy to an unhealthy environment, the cells get sick and start to die. If I could bring over an allopathic cell biology doctor and say, "Look, I think the cells aren't doing well," the guy would say, "Yeah, Bruce, you should give them some medicine." Well, no, keep away. You don't need medicine. If the cells are sick, you move them from the

bad environment back into the good one and instantaneously the cells get well.

The fate of a cell is a reflection or complement to the environment that you perceive, which means you're a master. You control your genes when you control the environment and your perceptions. If you only knew that, you could exercise it. But you don't have that knowledge. It's new science. It's epigenetics.

Every one of you are familiar with the statement "knowledge is power." That's really cool. I want to make it even more relevant to you. A lack of knowledge is a lack of power. We have been disempowered by a lack of knowledge. But new knowledge is coming forth and I'm so happy to work in a community like Hay House with all the authors here who bring new knowledge that offers life and vitality.

This is a story about how the environment changes the fate of the cells. Really interesting – the cells are responding to the world. But you're made out of 50 trillion cells so you are skin-covered petrie dishes. Underneath your skin are 50 trillion cells. And there's a culture medium called blood. The chemical composition of the blood is equivalent in a sense to the chemical composition of my growth medium because when we design culture mediums, we try to match the chemistry of the blood so the cells are living in the same environment.

It doesn't make any difference to the cell if it's in a plastic dish or a skin-covered dish. It's still based on the environment that it's reading. So [whether] plastic or blood, the cells are responding to that environment and the condition of the blood is influenced primarily, number one, by nutrition. If we had a whole bunch of



image © Vectorfrenzy

extra hours, I would now launch into why we should all be eating organic food. We have to eat natural because industrial food is poisonous. It's taken away the nutrition and is really empty food.

Okay, but I'm not here about nutrition. I'm talking about the honeymoon effect. So, the next thing that's important in blood is cellular signals. The blood is chemistry and there are signals in the blood. Some are called hormones, some growth factors, emotional chemistry. These are signals that are added to the culture medium called blood. They control the fate of the cells.

What determines the chemical composition of the blood? First, there's an environment with information in it. The brain is the device of perception. It reads the environment, interprets what's going on and makes a response by releasing chemistry through the nervous system and into the blood. That chemistry goes to the cells and controls behaviour in gene activity.

Basically, genes do not control anything. They are blueprints. Blueprints have no on and off. They have no actions. They do not make decisions. We've been thinking that blueprints are self-active, that a gene turns on and off. That is a scientifically false statement. If you asked an architect whether her blueprint was on or off, she'd look at you like you were crazy. Precisely. There has to be a contractor. And the contractor is consciousness and that's what controls the genes.

In this particular story, behaviour controls via the brain determining the chemistry in response to the environment. So when I go to a simple organism, let's say survival of the species (again, we need reproduction so estrogen and testosterone are environmental signals – together, good vibes) and they come together – boom, reproduction occurs. It's really cool because it's really just driven by this chemistry.

Frogs come together and mate. After the mating they don't sit down, have a cigarette and a glass of wine. They come together because chemistry brought them together; they do the mating bit and then go their own way. Sounds like Friday night for a lot of people, but that was not the intention here. The reason there's no necessity of staying together is simply that, after a frog lays its eggs, they're independent and can develop on their own without the frog. They're free-living organisms when they hatch out of the egg. They don't need parents.

Humans are also designed for survival and reproduction, but why can't they just have a baby and leave it like

a tadpole on the doorstep to take care of itself? You have to take care of a baby for, honestly, today it seems like 40 years, but you need at least a good 13 years anyway.

How do you encourage people to stay together for 13 years to carry out this process? Mother Nature came up with the answer: Chemistry. Well, this is a little impersonal because they don't have to stay together for a long time, but I bring in the mind because it's interpretation, not perception. So you're looking for a mate and you have to interpret whether this individual is what you want. Then through that interpretation and what you believe, the



If I take the love chemicals and put them in a petrie dish, the cells grow beautifully and vibrantly. If I put the fear chemicals in a petrie dish, cells stop growing and start dying. Simple point: Fear kills. There's a biological reason for that. The chemistry of fear is different from the chemistry of love.

mind releases chemistry that lines up with that interpretation which then goes to the blood, through the nervous system, to the cells and controls behaviour and activity.

What kind of interpretation influences are there in your chemistry? These are the chemicals that bring, and try to keep, you together for a long time to be parents. For example, my career is biology but all of us are self-biologists. We are making our biology. The brain interprets the environment; it releases chemicals into the growth medium called blood and the blood is used to feed 50 trillion cells in your culture dish. The chemical composition of the blood determines the genetics and the behaviour of the cells. It's the environment that controls this.

You open your eyes, see someone you love and release wonderful chemicals into the blood: dopamine, pleasure, oxytocin, bonding, vasopressin, sexual activ-

ity, attractiveness and growth hormone, which causes cells to grow in a vibrant way. It's simple. You fall in love and you're healthy and glowing because you're feeding the chemistry of a culture medium with the elements that give you this vitality. It's really cool.


But if the same person opens their eyes and sees something that scares them, a completely different set of chemicals are released: cortisol and norepinephrine. These are stress hormones, inflammatory agents. If I take the love chemicals and put them in a petrie dish, the cells grow beautifully and vibrantly. If I put the fear chemicals in a petrie dish, cells stop growing and start dying. Simple point: Fear kills. There's a biological reason for that.

The chemistry of fear is different from the chemistry of love. Dopamine influences pleasure, motivation and sadness. When you fall in love, the dopamine concentration goes up, pleasure and motivation go up and sadness goes down. So sadness is not part of a honeymoon relationship. The next one, vasopressin, involves sexuality, attraction and anxiety. When vasopressin levels go up, sexuality and attractiveness go up and anxiety drops out the bottom. Remember, these chemicals are released into the blood; they're controlling your genetics and your cell behaviour.

Next, oxytocin is the critical one because it's trust, attachment and fear. When oxytocin levels go up, trust and attachment go up and fear goes down. This is what holds people together for years and years. If oxytocin is released, you have bonding.

The last one is serotonin, which is a problem because it's both good and bad depending on how you look at it. It's related to obsession, aggression and addiction. When you fall in love, serotonin shoots up and you become very obsessive about your lover. All day long, no matter what you're doing, the thought of your lover will come in your head. It's not exactly a disorder; it's a good order, but aggression goes up. Get between two lovers and try to break them up and you'll see some aggression right there at some point because there's the tendency to stay together.


Then the killer: Addiction. Love is an addiction. The serotonin release by falling in love is the same serotonin released by heroin. So you're addicted to love when you fall in it because the need for more and more perpetuates the relationship. That and the oxytocin will keep you together for a long time.

This is nature's intention. The honeymoon is not an accident, but a design to ensure the survival of the species. 

Is Modern-day Life Weakening Your Vitality?

Now You Can Have Optimal Health, Energy, Calm & Clarity!


Ultimate Technologies. Backed By Science. Powered By Nature.



earthcalm
The World Leader in EMF Protection

The healthiest means of protecting and strengthening your body's electrical processes - the driving force behind your body and mind.

Latest Study: When the EarthCalm Quantum Cell was applied to an active cell phone, human DNA energy flow (conductivity) was released from the crippling grip of cell phone radiation and boosted further: nearly 40% above pre-exposure normal.




Vibrancy Water
Water Structuring Units

90% of you is water molecules. Revitalize with the pure, energizing, effective, and balanced water Nature meant for your body.

90 Day Money Back Satisfaction Guarantee


416-222-2368 1-888-993-9123 www.vibrancywellness.ca

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*



Are you ready to be awakened?

A profoundly spiritual manifesto for a better way of life—and for building a better world.

 Plume
A member of Penguin Group (Canada)

www.penguin.com

The art & world of tap

Vancouver is front and centre

For seven decades, hundreds of thousands of people have danced on a thousand square feet of sprung maple at 2775 East Hastings Street. In a city that has gutted its cultural heritage, small venues and rehearsal spaces, the ongoing story of the local tap dance community is world-class classy. The bottom line and foundation: That glorious-sounding old dance floor with a shiny future.

When hundreds of dancers “Tap it Out” for free at 700 Granville Street on Sunday August 31, 5 PM, there’s more than enough cause for celebration to share – the city is now universally recognized as a hub and hotbed for the art form, renowned for the Vancouver International Tap Festival (August 28-31), which, in its 15th year, is the finest event of its kind in the world, eclipsing New York, LA, London and Chicago.

The programs and community outreach of the non-profit Vancouver Tap Dance Society (VTDS) are enviable; its activities include saving a beloved, irreplaceable studio, the home-away-from-home that houses the only dance floor dedicated to tap on the continent, while also meeting the space needs of more than 10 arts groups.

First, forget everything you think you know about the enduring and evolving art form of tap dancing. Suspend disbelief. Shuck the stereotypes. Admit that, occasionally, you wouldn’t mind hoofing a buck and wing or shuffle yourself.

Indelibly etched black and white flashback images of Fred and Ginger, Gene Kelly, Shirley Temple and Bill “Bojangles” Robinson might dance through your mind when you think tap. It is the most musical dance form, the floor, an instrument, as well as a blank canvas, on which to craft complex, rhythmic excitement and sound, highly accessible to all. But its artists spend years studying and perfecting the essential intricacies of past masters, improvising at the highest level of creativity, striving for an individually expressive sound, while craving hardwood that has been intensely, but lovingly, played on and aged like some old Strat-like violin or Pre-War Martin guitar.

Tap has moved on, big-time, embracing Hip-Hop and World Music and embraced by folks who want to Moon Walk like Michael, emulate the ubiquitous, unreal, televised dance contests or add some innovative new sparks from an explosion on YouTube. Tap is hot, its flame re-ignited, the torch being passed on by rapidly growing numbers of dancers, fans and assorted aficionados, world-wide.

Back in the 50’s, on her way home from elementary school, Sas Selfjord – now VTDS executive director and festival producer – pressed her nose against the window of the wildly popular Evelyn Ward Academy of Dance and dreamed of walking through the doors. She was drawn to join in the joyful and magnetic activ-



World tap dancer Travis Knights, performing at the VITF, was the featured dancer in the 2010 Olympics opening ceremonies in Vancouver.

ity that was so close, on the other side of the glass wall, yet so far from her childhood reach and grasp. Selfjord longed to learn the exciting, unmistakable and mesmerizing steps and combinations echoing onto the street – to make music with her feet, to tap dance.

She would translate the dream into a vision and then a reality, learn other complex steps in business and finance, choreograph new moves and form a non-profit society (in 1995) of like-minded, highly motivated die-hards and newcomers. They not only wanted their kids to tap dance, they also wanted to pick up where they themselves left off, perhaps disappointed at never having had an opportunity. Vancouver’s tap community required a headquarters to begin, among other things, taking tubs of dance shoes into schools and establishing scholarships for those who couldn’t afford classes.

Evelyn Ward was a legend in Vancouver’s past who shared this passion for dance. At age 16, she had rented a basement and offered tap lessons for 25 cents an hour, making enough to pay her way through the UBC. Then in the early 40s, she bought the plot of land at Slocan and Hastings streets to build herself a dance studio with two residential suites.

For decades, until well into her 80s, she taught tens

of thousands of students at the Evelyn Ward Academy of Dance, including majorettes who led the PNE and Easter Day parades for 40 years and the generations of performers at Theatre Under the Stars, in Stanley Park, the Kitsilano Showboat and Star-Lit Follies recitals at the Orpheum, Queen Elizabeth and Centennial (North Vancouver) theatres.

The fiery, energetic, child-loving dancer (whose married name was Dalton and sometimes spelled her name with an ‘e’) was recognized when the city paid tribute to her role in the arts by declaring May 25, 2003, “Evelyn Ward Day.” There was no doubt who was being honoured or why. For 60 years, Ward had instilled a sense of confidence, self-esteem and responsibility into an inestimable number of young dancers.

Selfjord’s society also started in church basements or any other spaces it could afford to establish satellite tap classes. Making a leap of faith in the mid-90’s, when the octogenarian Ward was closing her doors, VTDS leased the space and created its own academy, this time inviting the best in the world to share that floor and their artistry.

“I was 40 years old before I finally strapped on some shoes and took classes,” Sas recalls. “In 2011, when our leased studio went on the market, we didn’t want to leave the neighbourhood and couldn’t find or afford any other space to satisfy the insatiable demand and need. Of course, there was that floor, every pore of wood endlessly pounded by metal. It embodies our mission to preserve tap and raise awareness.

“It seemed inevitable that our beloved studio was about to become a paint store or pizza place, until we we reached out into the community,” adds Selfjord. “An anonymous donor stepped up to the plate. And Vancity got involved – a tremendous source of real support,




Tap is hot, its flame re-ignited, the torch being passed on by rapidly growing numbers of dancers, fans and assorted aficionados world-wide.

both financially and in presenting opportunities. It’s a struggle, but it’s meant to happen and each step forward is inspiring to everyone involved at every level, dancers, volunteers and our sponsors.”

“We really wanted to see them succeed,” said Vancity account manager Jenn McGinn, “and it was a privilege to make it happen.”

The world’s most in-demand tap dancer and troupe – New York’s Michelle Dorrance and Dorrance Dance

(August 30, 8PM, Norman Rothstein Theatre) – headlines the Vancouver International Tap Festival. It also includes more than 20 international tap masters as faculty and mentors, staging seven world-class presentations, a gala unveiling of the Tap Grace Awards to key players in VTDS success, week-long intensives, residencies, 60 master classes and show-stopping presentations by the four top youth ensembles in North America: New York, North Carolina, Calgary and Vancouver.

And the free, grand finale, Tap it Out, of course. Why not consider tap dancing through the bad news and our endangered future? And we haven't mentioned that it is the ultimate workout for all ages. You're in the right place and everything you need to know is posted at www.vantapdance.com Call 604-253-0293 or be welcomed in person at 2775 East Hastings. 



The TapCo ensemble

Welcome to the top of tap


I was three in the 50's, when my mother's carried me through the door," recalls Mary-Lou Brien. "Getting a gold star on my tap shoe was the first step in a life-long dance career.

"I returned to that sweet little welcoming building and its glorious floors decades later," adds Brien, VTDS artist and program director and director of the youth ensemble TapCo, which has performed for several hundred thousand people. "The quality of faculty drew me back. No one in Vancouver has to travel to be inspired and mentored by the best in the world."

Like many, Suzy Birstein danced as a child, but dropped out in high school, opting for a career as a visual artist. "I didn't want to be an object of art and don't like solo performance. As an instructor at Arts Umbrella, I watched tap classes and caught the bug again, wanting the exercise and artistic expression.

"I take two or three classes a week and dance with Heart and Soul, the adult VTDS performance ensemble. The sense of community and group support keep me involved; so does the fact that tap works so well with contemporary music, especially Hip-Hop and World music, Birstein says." See how tap figures into her art at www.suzybirstein.com

Veteran *Vancouver Sun* reporter Karen Gram was walking past 2775 East Hastings, with her daughter Sophie, who at age 5 had just had a bad experience in a community centre ballet class. "There is nothing pretentious here; VTDS is an antidote to corporatization; performance is valued far above competition and there is no discrimination over age and ability" says Gram, now chair of the VTDS board of directors.

"It's a slog and constant struggle, but we're saving our heritage and we've stayed in the neighbourhood, planning for our future, long-term, cleaning out the basement to meet the needs of the community and to create more space for art in Vancouver. Everyone is welcome to become involved," she adds. 

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of **Our Clinic**. brucemason@shaw.ca

Cutting Edge Horticulture Training

Organic Master Gardener Certificate

Learn to create fabulous gardens without pesticides. Part-time program.

Ecological Landscape Design Certificate

Learn the latest information on designs that work WITH nature to produce ecologically sound landscapes. (2 semesters) Part-time program.

Landscape Horticulturist Apprenticeship

Now available in Burnaby. Level 1 begins in January, Level 2 in November. Full time program (6 weeks).

Permaculture For A Vibrant Urban Life Certificate

Permaculture with an urban focus. Part-time program.

Residential Landscape Technician Certificate

All the information required for employment as a residential landscaper, including business fundamentals. Part-time program.



These programs will begin in the Fall. Phone Violet, 604-296-6901, to have a detailed brochure sent to your home. www.burnabyccce.ca



YOUR VAPORIZER & GLASS SPECIALISTS...



109 W. CORDOVA ST. (ABBOTT X CORDOVA)
WWW.IGNITESMOKESHOP.CA   

778-786-0977
ASK ABOUT OUR MEDICAL DISCOUNT!



The Hermitage Retreat Centre

...offers a varied program of meditation and yoga retreats from mid-May to mid-September. We are located on a 60-acre organic farm near the ocean on beautiful Denman Island.

www.thehermitage.ca • 250-335-3377

SALISH SEA

SUMMER GATHERING

SUNDAY, AUGUST 10 | 12PM - 8 PM
WHEY-AH-WICHEN / CATES PARK
TWNSACREDTRUST.CA



STOP KINDER MORGAN PIPELINE EXPANSION



Mac McLaughlin

ZODIAC

StarWise

August 2014

AUGUST STARTS off with a bang as the fiery brothers Mars and Jupiter square off. This planetary influence is in effect for the first 10 days of the month and we won't be in the mood to take any guff so things could get rough. Mars is known to have a feisty temper whilst Jupiter has a tendency to overstate the facts and blow things out of proportion. The antidote to this potent planetary mix is to try not to overreact when others display insensitivity or carelessness. As an example, if you're on the highway and a testosterone junkie nearly blows you off the road, let him go by knowing you passed the test of not letting your ego put you in danger. The poor fellow will most likely meet his destiny one day anyway. We don't have to wish him any bad luck as he is creating his own karma and, as we know, all karma must be paid in full.

The full Moon on August 10 carries quite a bit of intensity with it as well. Saturn squares off with the lights (Sun and Moon) while Mercury is in square with Saturn. It means we will be pondering or worrying about some type of development concerning negotiations, contracts and travel. For two days before and after the full Moon date, we will feel its effects. Uranus is in a harmonious pattern with the full Moon and it is an indication of possible good news, breakthroughs and accord.

Venus and Jupiter meet up in the third week of August. Known as the lesser and greater beneficent planets, when they join up, we receive the gifts of their benevolence, generosity and love. The Sun enters Virgo on August 22 bringing the instinct to prepare for the fall season which is just around the corner. It's time to get the kids ready for school and hopefully the teachers and the government will have resolved their differences so we can get on with the program. The Virgo new Moon on August 25 represents a new start and with Mars and Saturn conjunct on that day, it tells us we will have a firm resolve to get things right, with all wheels greased and ready to roll. We will be feeling the instinct to get on with our plans for the fall season and we won't be in the mood for blocks or foot dragging.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



1-Year Shamanic Training Program

Shamanic Power Initiations Program

Free Information Evening and Experience!

Everyone Welcome!

RSVP to info@shamanicmedicine.ca

Vancouver
Aug 20, Sept 11, 7:30pm

Calgary
Aug 5, Sept 17, 7:30pm

www.shamanicmedicine.ca



ARIES Mar 21 - Apr 19

The full Moon on August 10 lands in your fifth and 11th solar houses indicating romance, entertainment, enjoyment and children as feature topics. Venus casts good energy into your sign bringing good times and happy memories to be cherished in the future. Create and innovate is the mantra of the month. You can reinvent yourself now.



TAURUS Apr 20 - May 21

We've all heard of the dog days of summer. August might feel like the dog days in which people are cranky, touchy and testy. Generally, Taurus is tolerant and slow to anger and you might have to use those gifts throughout the month. Let your hair down and don't let others get you down.



GEMINI May 22 - Jun 20

Health and home are the two topics that will be on your mind. You have fine artistic gifts and an eye for beauty. Your creative energy is strong in the first half of the month. Life takes a more serious turn towards month's end as you figure out what to do and how to go.



CANCER Jun 21 - Jul 22

It's a gathering time. Your instincts will prompt you to put things together, such as your home life and career objectives. A lot has been dredged up recently and it's time to bury the past and move into the future. Your creativity is strong now as is the potential for love to manifest.



LEO Jul 23 - Aug 22

It's your time to shine. There's a big build-up of planetary energy affecting your sign now and life might not be a cakewalk. There may even be some strong resistance to your plans especially around the full Moon on August 18. There's a lot of cosmic support, however, and you should move steadily towards your goals.



VIRGO Aug 23 - Sep 22

There's a Virgo new Moon just after sunrise on August 25. Lord Mercury is rising as well. This is your kick-off date in which you flip the switch and move into high gear. It is definitely your time to get serious and apply yourself toward whatever it is you would like to accomplish.



LIBRA Sep 23 - Oct 22

Libra is the sign of relationships. Now is the time to form new friendships and visit with old friends and family members. Nothing remains settled as Uranus and Pluto continue to stir the pot bringing changes and challenges as you strive for harmony and balance. Helping those that need help is on the to-do list.



SCORPIO Oct 23 - Nov 21

You will have to wend your way carefully as there are all kinds of pitfalls, snags and snares as you move through the month. Limitation and frustration build up and test your patience and humility. Kindness, caring, hard work and persistence bring success. A career boost may manifest.



SAGITTARIUS Nov 22 - Dec 21

Career and travel are the features of the month. An interest in spirituality captures your attention. Some limitations could hold you back, however, such as health matters and possible legalities. Old karma rears its head and must be dealt with honourably and honestly in order to clear the pathway towards the future.



CAPRICORN Dec 22 - Jan 19

Hidden matters, secrets and issues related to inheritances and joint monies come up now. We have no control over poverty or riches, good health or illness or life or death. Our concern is to do our best and leave the rest to the Lord. A rebirth is in the stars and quite the transformation is taking place.




AQUARIUS Jan 20 - Feb 19

The full Moon on August 10 brings a cornucopia of information. No one likes the taste of castor oil, but it does provide a healing effect. The things you learn this month represent the castor oil – bitter, but healing you in many ways. A break with the past takes place and a new pathway emerges.



PISCES Feb 20 - Mar 20

It's time to get yourself together in all kinds of ways – health-wise first, for without good health not much matters. Relationship interests come up towards the end of the month and into September. Clear out the old and make ready for the new. That's the mantra of the times for your sign. 

Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of *Common Ground*. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.


JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form. 



Retreats

Krishnamurti Educational Centre of Canada

in a beautiful ocean-front setting near Victoria



August 15-17 "The Art of Awareness"
with Dr. Ashwani Kumar



Sept 26-28 "Body meditation & Krishnamurti"
a yoga retreat with Oda Lindner

REGISTER NOW www.krishnamurti-canada.ca
programs@krishnamurti-canada.ca **250-744-3354**

Colette and Marc present...

RELATIONSHIP RESCUE

Tired of playing out the same old dramas?
Improve every relationship you have...
It's all about YOU!

SEPTEMBER 12, 13 AND 14
Vancouver, BC - 2014

CATCH THE WAVE!
FREE DEMOS *early bird fees*
SEPT 10 & 11 until Aug 15th!

Learn more or Register online:
INFO@ENERGETICUPGRADE.COM
WWW.ENERGETICUPGRADE.COM



Take your body back!

Health is a relationship between you and your body. – Terri Guillemets

In earlier times, before hospitals and doctors, people figured out how to heal themselves. From aboriginal healing practices to Chinese medicine, there was always something in nature to treat an ailment that presented itself. People had confidence in the roots, the leaves and the bounty of nature to return them to health.

Slowly, as the practice of modern medicine evolved, we began to give our power away to the doctors and pharmacists. We became disconnected from our own wisdom and intuition around healing. We took our illness to the doctor and looked to him or her for an answer. Increasingly, however, over time, our confidence in modern medicine has been eroding.

**Work to change your inner “ecosystem”
so it no longer supports illness.**

We have lost touch with our inner wisdom about our bodies and we have also lost our connection to them. And because we’re not so sure about the medical system, there is often an insecurity about what is or might be going on in our bodies. Most people are more certain about how to keep their vehicles in good running order and what is required to fix them than they are about what is actually going on with their body.

More and more, it seems pharmaceutical companies are driving treatment with products that treat symptoms rather than eliminating the cause. Often, the warnings indicate things that could “happen” that are worse than the condition being treated.

We need to take our bodies back! Our bodies are designed to be self-healing. Avoiding or removing toxins or things with toxic effects and providing the body with powerful nutrients can help us avoid illness in the first place.

If we do develop illness, it is important to transform feelings of fear and helplessness into confidence and determination. Decide to learn as much as you can about your condition from many different sources, not just what the doctor is telling you. He or she cannot possibly keep up with all the latest research, much less stay informed about all the alternative health perspectives.

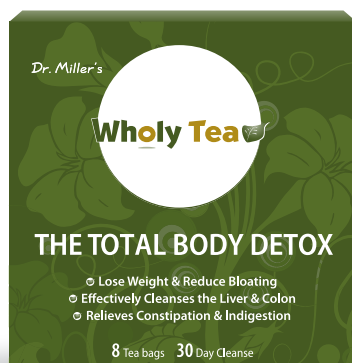
Do not just focus on the illness, but rather on the conditions that must exist in the body for that illness to occur. Work to change your inner “ecosystem” so it no longer supports illness. One simple example involves the level of acidity or alkalinity in our bodies. If our pH is more acidic, many negative health effects can occur. You can buy test strips at your health food store and learn how to keep your system more alkaline.

Learn about ways to detoxify the body. Studies have found more than 200 synthetic chemicals in umbilical cord blood. There is much we can do to help purify our bodies much like we purify the air we breathe in our homes. Learn about supplements that strengthen our immune system and find out how to minimize stress and anger, which both suppress the immune system.

Much as an athlete gets in prime shape for a competition, we must keep ourselves in prime condition for health, vitality and longevity. Health is so much more than the absence of illness.

Psych yourself up to be the best coach you can have in terms of creating optimum health or healing illness. This is not a passive event or a spectator sport. Get involved and empowered. Think in terms of bodymind; the body and mind are not separate. They can support and empower each other or they can negatively affect each other. Do not default to illness: consciously choose health and wellness. **K**

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and new “Creating Healthy Relationships” series, visit www.gwen.ca



THE TOTAL BODY DETOX & CLEANSE

It's as easy as 1,2, tea!

- ☛ Lose Weight & Reduce Bloating
- ☛ Effectively Cleanses the Colon
- ☛ Relieves Constipation & Indigestion

*You'll love the
WAY YOU FEEL!*

In 7 days or less



INNOTECH
NUTRITION

1-866-875-5022

Find us on Facebook
www.innotechnutrition.com

\$5.00 OFF Wholy Tea Cleanse

Each coupon is valid for one box of Wholy Tea. Coupon is void when reproduced or altered in anyway. Coupon expires on August 31, 2014. Retailers must submit all coupons for reimbursement to Innotech Nutrition within 30 days after the expiration date. Redeemed coupons must be accompanied with a copy of the purchased receipt. Innotech Nutrition 104 Durand Rd., Winnipeg R2J 3T2. CODE: CGAugust2



Every month, 1/4 million
Common Ground readers
seek out our resource directory
to find services and businesses
in alignment with their values
We offer frequency bonuses
three sizes of listings
and a wide range of categories

To book your listing email Sonya
sonya@commonground.ca

Advertising deadline
the 15th of the month prior

Books • Art • Music • Culture	19	Intuitive Arts	21
Business Services & Opportunities	19	Nutrition	22
Dentistry	19	Psychology, Therapy & Counselling	22
Education & Certification	19	Restaurants / Vegetarian	22
Health & Healing	20	Spiritual Practices	23

BOOKS • ART • MUSIC • CULTURE



**YES YOU CAN
SING!**
Lynn McGown
singing teacher /
vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES & OPPORTUNITIES



AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located near the VCC Skytrain Stn
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

• Keeping your old car a few more years could
save you thousands of dollars

Hours: Monday - Saturday
8 AM - 5 PM
2055 Clark Drive
Vancouver, BC

• Check out our website for 43 free
downloadable fuel saving tips.

Book an appointment online.
www.axlealley.ca
604-875-9988 604-255-TIRE
axlealley@hotmail.com

DENTISTRY

*There are only two ways of telling the complete truth
– anonymously and posthumously.
– Thomas Sowell*



**Quality care with
a sense of home
comfort**

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S

Dr. Talebian & family

northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant
Dentistry • Orthodontics (Braces & Invisalign)
• Endodontic • Oral Surgery (& wisdom teeth)
• Periodontics (Gum Treatment) • Sedation &
Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

EDUCATION AND CERTIFICATION



**BRUHANSKI
ACTING
STUDIO**
www.bruhanski.com 604 879-2080

NEW CLASSES STARTING NOW
Acting Classes – 8 week session
• beginners
• intermediate
• advanced
• private coaching available
Communication Skills Training
Weekend Seminars

ACT NOW
BRUHANSKI ACTING STUDIO, founded
in 1980, is a safe, dynamic creative space for
actors to learn the foundational skills to per-
form with honesty and artistry; and for the
non-actor, an opportunity to develop greater
empathy, imagination and self confidence.

ALEX BRUHANSKI: Seasoned actor, direc-
tor, and master teacher, Alex has taught in
Vancouver, L.A. and Montreal; was an art-
ist in residence at the Gestalt Institute of
Canada; led workshops in prisons and in the
mental health community; and volunteered
in palliative care programs.
www.bruhanski.com 604-879-2080

EDUCATION AND CERTIFICATION



Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only \$5,500US. Part-time (12 month) and Full-time (7 month)

programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm

ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com



**PACIFIC
Institute of
REFLEXOLOGY**

Most courses tax deductible

Reflexology Training Courses

Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction -

Informational evening talks: **\$10. See Datebook.**

Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. **\$395.**

Advanced Reflexology Certificate Courses - Expand your knowledge and develop your

effectiveness to a professional level. **\$395.** Courses offered year round. *See Datebook.* **Courses accredited CMTBC, RABC, and RAC.** **Pacific Institute of Reflexology** 535 West 10th Ave. @ Cambie, Vancouver **604-875-8818 / Toll free: 1-800-688-9748** www.pacificreflexology.com Email: chrisshirley@pacificreflexology.com



**Raynor
Massage
School**

Learn by Doing

Raynor Massage School courses are all hands-on, practical without heavy textbook studying or excessive memorization of anatomy. We learn by doing and therefore you will be able to start massaging within the first 2 hours of the class.

Our 5-day Certificate will give you the

skills to safely massage your friends and family and our 10-day Diploma allows you to make a career out of massage.

Upcoming course dates:

Kelowna, BC: Aug 18 to Aug 29

Toronto, ON: Sept 15 to Sept 26

Edmonton, AB: Oct 13 to Oct 24
Kelowna, BC: Nov 17 to Nov 28
Vancouver, BC: Dec 8 to Dec 19

Mention this ad for special rates.

250-681-8834

www.raynormassage.ca



**Edison
Institute
of Nutrition**

1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals

Worldwide. The most complete holistic nutrition correspondence course. Introductory Course, Practitioner & Masters Diploma in Nutrition. Accredited by Canadian & U.S. nutrition associations. **Call for our course catalogue.**

*Good communication is as stimulating as black coffee
and just as hard to sleep after.
- Anne Morrow Lindbergh*

HEALTH & HEALING



**PACIFIC
Institute of
REFLEXOLOGY**

Reflexology: The Core of Natural Healing

Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique

health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.

One-hour private sessions: \$65, or 5/\$275.

Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it!!! **1hr sessions only \$20.** **Books, charts and self-help tools available.** Enquire about franchise opportunities. **Pacific Institute of Reflexology** 535 West 10th Ave. @ Cambie, Vancouver **604-875-8818** www.pacificreflexology.com Email: chrisshirley@pacificreflexology.com

Expect Wonders!

Registered Doctor of TCM
Former Instructor of TCM
at Langara College
31 Years Clinical Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca



Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders

- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders

- Neck and back pain
 - Bell's palsy (highly effective)
 - Headache, Sciatica
 - Arthritis, Tendonitis
 - Disc Syndrome
 - Stress and Depression
- Please read our Online Testimonials.**



**Wellspring Vision
Improvement Program**

Making a positive difference

Dr. Weidong Yu

www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be

beneficial for patients with conditions such as:

- * Retinitis Pigmentosa
- * Macular degeneration
- * Glaucoma
- * Eye Bleeding
- * Red eyes, Dry eyes
- * Eye fatigue
- * Far sightedness
- * Blurry Vision

For appointment, please call 604-737-7876

Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

HEALTH & HEALING



Valerie Kemp
CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

After assessing the physical and subtle energies of the body, with Valerie's light, heart centered energetic touch and soft, gentle dialogue with the body, a journey of the Soul begins to the root cause of the issue.

Tissues and organs surrender, layers of emotion and memories melt away, taking us to the pure essence of being. Valerie invites you to join her in co-creating your healing journey of self-discovery, possibility, freedom and vibrant health!

Over 20 years experience in holistic healing and eclectic bodywork.
By appointment.
Please call 604-739-9916
Long-distance sessions available



MUSCLE BALANCING THERAPY
• Subtle stimulations on trigger points to release stored tension • Non-invasive approach to relax muscles • Instant improvement in range of motion • Promote release of lactic acid in deep tissues to relieve pain • Support self-healing of the body • Activate structural alignment to improve posture & energy flow.

OTHER SERVICES
Colon hydrotherapy
Pulsed Electro Magnetic Field Therapy
Quantum Biofeedback Therapy
Holistic Nutritional Counselling
Deep Muscle Stimulator

Complete Health Center
165 - 9040 Blundell Road,
Richmond, BC V6Y1K3
For inquiry & appointment
please call 604-6301780
www.complete-health.ca



ARCHER
INTUITION
MEDICAL INTUITION
ENERGY HEALING • COUNSELLING
www.ArcherIntuition.com

Certified Medical Intuitive | Medical Intuition
assists in recovery from a wide range of conditions: *cancer, chronic pain, diabetes, anxiety, depression and more.*
NEW CLIENTS SAVE 10% UNTIL AUG 30
Mention **SAVECG** when you book your consultation • **CALL 604-220-6597**



THE HAPPY COLON
since 2000
Elena Lopez
I-ACT certified
colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
360 - 522 7th St., New Westminster, B.C.



Access Health & Wellness Clinic
Zahra Mazanderani
Registered Acupuncturist
& Herbalist
www.zahraacupuncture.com

• Acupuncture & Cupping, Chinese Herbs
• Facial Rejuvenation, Freckle Removal
• Constipation, Stomach Pain, Women Disease
• Back, Shoulder & Neck Pain, Headache
• High Blood Pressure, Weight Loss
101-1221 Lonsdale Ave., North Vancouver
Tel: 604-988-5698 Cell: 778-847-2026



COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulation ...and many more
Office: 604-560-5119 Cell: 604-531-3480



ENERGY HEALING
Learn to heal.

Interested in learning about energy healing?
Pranic Healing Level 1: September 27 & 28
Emotional Healing – Anxiety, Grief, Stress
Physical & Psychological Healing – Phobias, Traumas, Obsessions & Compulsions
For classes or a healing session: 604.724.2114
healingwithprana@gmail.com
www.healingwithprana.com



Isabella Scandolari RCST® BCST
REGISTERED
CRANIOSACRAL THERAPIST
18 yrs exp in holistic medicine
Call: 604.731.9447
Visit: www.isabellascandolari.com

Healing is a State of Balance to Wholeness
PAIN to RELIEF
STRESS to STILLNESS
DEPRESSION to OPTIMISM
EXHAUSTION to VITALITY
Deep relaxation of the nervous system.
Gentle & effective method proven to release patterns, relieve pain & restore radiant health!

*Where annual election end,
tyranny begins.*
– Ben Franklin

CHIROPRACTIC – Natural and Effective
Back or Neck pain? Headaches? TMJ? Frozen Shoulder? Carpal Tunnel? Menstrual pain? Fibromyalgia? Arm/Leg pain? Sciatica? Spinal Adjustments – Ultrasound – Traction
M Chiropractic and Custom Orthotics
Dr. Michael Wong
604-676-1848 www.mchiropractic.ca



Master Thai-Siew Liang offers:
• Soul Healing
• Soul Readings
• Classes and Workshops
for all aspects of your health & well-being
www.MasterShaSoulHealing
CentreVancouver.com

INTUITIVE ARTS



IT IS TIME
Meg Watson
Private Sessions/Readings
Healings and Classes
604-536-1565
findyourheartwisdom@gmail.com

Choose to Evolve
Energy Movement
Find your Heart Wisdom
Align your Chakras
Develop your Energetic Awareness
Know your Centre
Heal the past, intend your future
Be in the present...ACT!



HOME TO VANCOUVER'S BEST PSYCHICS, TRUSTED SINCE 1996.
Walk-ins Welcome 7/7, 11am to 5pm \$45
Phone Readings: 1-888-734-3354
Appointments: 604-734-3354
Customer Care: 604-535-3113
Map & Info: VancouverPsychics.ca

INTUITIVE ARTS

DR. ANNE MCMURTRY Channelled Readings, Reiki & Crystal Healing

ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.

When a man ceases to be accountable to those who elected him, and with whose public affairs he is entrusted, he ceases to be their representative, and is put in a condition of being their despot.

– Thomas Paine

NUTRITION



Classics in nutrition for vegetarians, vegans, raw enthusiasts, healthy eaters: bestselling books include *Becoming Vegan: Express Edition*. Online & through bookstores.



Consultation with dietitian/author Vesanto Melina. Personalized consultation (\$282 for 2-1/2 hour) includes nutritional analysis; recipes; menu planning; for busy people; pregnancy; children, seniors. 604-882-6782 www.nutrispeak.com vesanto.melina@gmail.com

PSYCHOLOGY, THERAPY & COUNSELLING



Therapy of the Whole Person

John Arnold Ph.D.

Therapist /
Counselor since 1975
604.261.2788

**Only by Working With the Whole Person
Can You Achieve Truly Permanent and
Effective Change.**

If problems and issues keep popping up in your life and you are STILL STUCK, it is

because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved.

If you are fed up and want to do something radical about your predicament, give me a call 604-261-2788 or visit my web page at www.johnarnoldphd-reichianandyogictherapist.com/



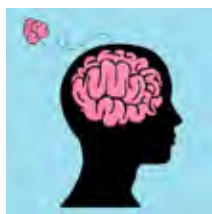
ARE YOU READY FOR A CHANGE?

**Lorraine Milardo
Bennington**
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counseling practice. Lorraine gently guides people in the process of transformation, assisting

them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342 transformance@mac.com
www.creativetransformations.ca



Tracy Joy

MaNLP, RPCc, CCPCPR
Reg. Psychotherapist
604-442-8657

**Providing long-term relief for adults
with childhood trauma** resulting in Anxiety, Depression, PTSD, and Suicidal Thoughts, using Neuro-Linguistic Programming (NLP), DBT-Informed Therapy & Family Constellations
relief@NLPVancouver.ca
www.NLPVancouver.ca

Life Between Lives™



**Past Lives &
Spiritual Regressions**
Rifa Hodgson, CCHT
The first certified & practicing
LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
rifa@lifebetweenlives.ca
www.lifebetweenlives.ca



Break Your Addiction

Call Jackie for your
FREE consultation
604-551-4986

SUMMER SPECIAL!
Be clean for summer and feel free.
No more cravings for cigarettes, pot,
alcohol, cocaine, olys. No more binging.

Visit www.ThePowerWithin.ca and
book your FREE consultation
Email: info@thepowerwithin.ca



Mind Coach

David Scott
dscott777@telus.net
604-219-1025

Be the self you always wanted to be.

Graduates of these individualized sessions may experience increased harmony, clarity, awareness, personal power, and peace of mind.

Contact me for an initial consultation.

RESTAURANTS

EAST IS EAST
EXPERIENCE THE EAST
WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Upstairs & 2nd location
4433 Main Street @ 28th 604-879-2020

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal" - Owen Williams, Common Ground
Visit our new location
4433 Main Street @ 28th 879-2020



Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401.
www.eastiseast.ca

RESTAURANTS

Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.

– Ralph Waldo Emerson



Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver 604.872.8779 www.nirvanarestaurant.ca

VEGETARIAN RESTAURANTS

Vegetarian Restaurant

3932 Fraser & 23rd Ave.
 Vancouver
 (604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call for reservations. 604-873-3848.



"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
 For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner. 2724 West 4th Ave. 604-738-7151.

SPIRITUAL PRACTICES

Life & Wellness Consultations

Master Sha's
Soul Healing Centre
 Vancouver
 604-336-4833



Master Peter Hudoba offers guidance to overcome life's challenges.

Master Hudoba offers Soul Readings and Soul Healing Blessings which may include:

- Spiritual Healing
- Cleansing of sickness karma

- Spiritual Transmissions for health and spiritual growth
 - Spiritual guidance
- Through Soul Communication, Third Eye images and access to the Akashic Records, Master Hudoba provides clarity and

solutions for health, relationships, career and every aspect of spirituality.

To book an appointment
 604-716-5124

www.MasterShaSoulHealingCentreVancouver.com

Blisters and bonhomie

Films Worth Watching Robert Alstead

CULTURE



Martin Sheen, Smith explores the pilgrims' motivations and transformations. They walk for religious convictions, solitude, to heal or for an alternative to learning kite-surfing. Through varied and often magnificently shot scenery, the pilgrims share that sense of letting go of their cares, as well as the superfluous contents of some of their backpacks as they become more seasoned pilgrims. "I found myself losing everything I wished for. I no longer need anything. The Camino brings to you a peace that you can't describe," says one of two fit, old gents from BC who provide some lucid commentary on the Camino effect.

From *Walking the Camino: Six Ways To Santiago*

Next month it will be 20 years since I walked the *Camino de Santiago de Compostela*, the medieval pilgrim trail that traverses the North of Spain. So it was something of a nostalgia trip watching Lydia B. Smith's *Walking the Camino: Six Ways To Santiago* (Vancity 1-7, 16th and 23rd), a documentary that captures the spirit and sense of fellowship one feels when walking the historic route. Smith followed six "fatefully encountered" pilgrims and their walking companions for some six weeks as they trudged the 500 miles from the traditional starting point of Saint-Jean-Pied-de-Port in France in April 2009 to the medieval town of Santiago de Compostela.

As in Emilio Estevez's enjoyable drama *The Way*, which was set on the Camino and starred the director's dad

What sets the Camino aside from any other long hike is the 1,200-year-old history that seems ingrained into the surroundings and the warmth and hospitality of people along the way – in particular, fellow pilgrims and volunteers who run the string of *auberges* (pilgrim hostels).

The doc provides a glowing impression of the conviviality of the Camino, balanced with the inevitable blisters, physical pain and sweaty, shared dorms. It doesn't give you a strong sense of any individual's journey, but the impression it leaves of the Camino will certainly pique one's wanderlust.

The Vancouver Latin American Film Festival returns on August 28 (until September 7), with 73 films, including 36 feature-length films. With \$5,000 in cash prizes for winning filmmakers in three competitions – New Directors, Documentary, Short Film – as well as an Audi-

ence Award this year, expect some high calibre works.

The festival opens with the Argentinian, romantic comedy *Lion's Heart* (*Corazón de León*) about a successful lawyer, Ivana, who falls for a 4.4-foot architect and closes with the hand-drawn, animated feature *Anina*, about a 10-year-old girl who goes on a voyage of self-discovery after getting into a playground fight. Other highlights include the classic 1968 Cuban film *Memories of Underdevelopment* (much more exciting than the title suggests), the film adaptation of Gabriel García Márquez's novella *No One Writes to the Colonel* (1999).

To give you a sense of the festival's range, there's a series of Afro-Cuban films, films in Basque – one of Europe's oldest languages – a Chilean-Canadian cinema showcase and a screening of films by BC First Nations filmmakers alongside works by indigenous filmmakers from Oaxaca, Mexico. Tickets go on sale August 12 at www.vlaff.org

The Cinematheque's annual *film noir* season is back in August with a dozen classics from the forties and fifties, the heyday of the genre. Among them are new restorations of three classic noirs: *The Lady From Shanghai*, *Gun Crazy* and *Double Indemnity*. The latter is also in a triple bill on Sunday 3rd, along with *The Maltese Falcon* starring Humphrey Bogart, and *Mildred Pierce*, which won Joan Crawford an Oscar for the lead role.

Robert Alstead is making a BC-set documentary **Running on Climate**. Support is welcome at www.icycle.ca/runningonclimate/fund



**International College of
Traditional Chinese
Medicine of Vancouver**

A Rewarding Career in Natural Health Care

**Over 28 years of excellence
in TCM Education**

**Diploma programs
Start September 2, 2014**

**Doctor of TCM
Licensed TCMP
Acupuncturist
TCM Herbalist**

**Very high passing rates
in CTCMA Board Exams**

**Eligible for HRSDC Funding
and Student Loans**

We accept transfer credits

**Chinese Tui Na Massage
Short Term Certificate**

**Acupuncture Program in
Chinese Class Also Available**

CLINIC OPEN TO PUBLIC

**Free consultation
Very Low Cost on Treatments**

Professional Clinic

**Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM**

**We treat pain, gynecological
disorders, allergies, arthritis,
depression, other chronic
conditions and much more.**

FREE info sessions

**Thursdays 2 - 4 pm
Aug. 7, 14, 21 & 28**



**Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com**

**201-1508 W. Broadway
Vancouver, BC. V6J 1W8**

Datebook Events

**For rates & placements email
datebook@commonground.ca**

AUG 6

What Am I Here For? Living a Life That Matters: Revealing and Healing Unconscious Choices. 7:30PM sharp, Unity of Vancouver, 5840 Oak Street at 41st. With Catherine O'Kane RCC. For complimentary tickets, email clientservices@clearmind.com or \$20/door.

AUG 7

Langara College Health & Human Services Information Session: 5-7:30PM, 601 W. Broadway, Unit M-11. See website for schedule. Info: 604-323-5926, holistichealth@langara.bc.ca, www.langara.bc.ca/hhs

AUG 8-10

Advanced Reflexology: Professional Skills Certificate Course. Course \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

AUG 9

Burnaby Blues & Roots Festival: Deer Lake Park. Gates 12 Noon, Show 1-10PM. Advance tickets online: Single ticket \$50, 4-pack \$180. Single ticket day of: \$65. Prices include GST. Featuring Big Sugar, Matt Anderson. Full lineup/tickets at www.burnabybluesfestival.com

AUG 10

Salish Sea Summer Gathering: Cates Park, North Vancouver, 12-8:30PM. Help the Tsleil-Waututh Nation raise funds to win their upcoming court battle against the Kinder Morgan pipeline expansion, which would bring 400 tankers a year to Burrard Inlet. Musical guests include Holly McNarland, Chilliwack and many more. Speakers, food & fun for the whole family. Pay at the gate. http://twinsacredtrust.ca

AUG 15-17

"The Art of Awareness" with Dr. Ashwani Kumar at the Krishnamurti Educational Centre of Canada. Beautiful ocean-front setting near Victoria. Register now at www.krishnamurti-canada.ca, programs@krishnamurti-canada.ca, 250-744-3354.

AUG 16-17 & AUG 23-24

Tantra Yoga Workshop: Summit Lodge, Whistler. In Squamish: August 23-24, 9AM-5PM; \$320, many discounts available. Fun, safe & life changing! www.sacredartofunity.com

AUG 17

Latin Summer Fest Vancouver: Free Admission, Cultural Family event, Trout Lake Park 11AM-7PM, www.latinsummerfest.com

AUG 20-24

Women Healing with Horses Retreat: Horse wisdom, yoga, art, drum journeys, fire ceremonies, great food & friends! www.wisteriaacres.com, 604-807-2255.

AUG 20 & SEPT 11

Free Shamanic Power Initiation & Open House hosted by the Institute of Shamanic Medicine. In Vancouver. RSVP & get info by email at info@shamanicmedicine.ca or call 778-227-2939, www.shamanicmedicine.ca

AUG 22-24

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM, \$10; Course \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

AUG 23-28

Rejuvenate your liver – juice fasting, natural cleansing & coffee colonics. Give your body a real retreat in beautiful Squamish Valley. 604-729-3120, archerinthemountains@gmail.com, www.eaglevalleyretreat.com

AUG 24

Adventure into Time and Beyond with Rifa Hodgson presents Past Life Workshop "Relationship Karma." 10:30AM-1:30PM, West Vancouver, Ambleside, Silk Purse, 1570 Argyle Ave. Registration \$75, former clients, \$70. 1-888-606-8463, www.lifebetweenlives.ca/past_life_workshops_events.htm

AUG 30-31

Secrets of the Universe: Saturday-Sunday, 10AM-5PM, \$55 each day. Complimentary free healing blessings included. Master Sha's Soul Healing Centre Vancouver, 1280 Odium Dr., Vancouver. www.MasterShaSoulHealingCentreVancouver.com

AUG 31

J.Krishnamurti: Second student discussion at Rishi Valley School. Free. DVD showing, refreshments & dialogue. Vancouver Public Library, 7th Floor, Board Breakout Rm, 1-5PM. In this series, many of the students' comments are refreshingly blunt and guileless. There is a tremendous sense of affection as Krishnamurti explores their questions. They talk about intelligence and security, meditation and concentration, the value of education and learning and God. Here, K shows the quality of true teaching-the relationship between the educator and the student. www.meetup.com/The-British-Columbia-Krishnamurti-Group/krishnamurtigroup@live.com, www.krishnamurti-canada.ca, 604-354-1534.

AUG 31

Chant Your Heart Open Music & Chanting: At Tuscan Farm Gardens, 6834 Mount Lehman Rd., Abbotsford, 10AM-10PM. Music and Activities. With Jai Gopal, Anand David Embry & More. Tix \$18 online at www.tuscanfarmgardens.com/pages/chant or \$20/door.

SEPT 7

17th Annual Hike for Huntington's: Proceeds help fund programs & research. Registration 8:30AM, hike 10AM, BBQ lunch after hike. Rice Lake Loop Trail, Lower Seymour Conservation Reserve, 4400 Lillooet Road, North Vancouver. Info & pledges: http://huntingtonsociety.kintera.org/VancouverHike

SEPT 12-14

Relationship Rescue with Colette Stefan & Marc Kettenbach, Vancouver, BC. Improve every relationship you have. It's all about you. Register at www.energeticupgrade.com

SEPT 26-28

"Bodhy meditation & Krishnamurti" yoga retreat with Oda Lindner at the Krishnamurti Educational Centre of Canada. Beautiful ocean-front setting near Victoria. Register now at www.krishnamurti-canada.ca, programs@krishnamurti-canada.ca, 250-744-3354.

SEPT 27

Discover Your Goddess Archetype: A Shamanic Workshop for Women. In Vancouver, 1:30PM, \$40. Shamanic journeying, creativity, & more. With Shamanic Practitioner Sonya Weir, www.eaglefireshamaniccoaching.com Email sonyaweir@uniserve.com to register or call 778-227-2939.

OCT 17-21

The Reconnection with Dr. Eric Pearl in Vancouver. Reconnective Healing seminars & certified practitioner programs, Levels I & II. Register online at www.TheReconnection.com

OCT 23

His Holiness the 14th Dalai Lama in Vancouver: A one-day teaching of Avalokiteshvara Empowerment. Thunderbird Arena, UBC. Doors 8AM, morning teaching 9:30AM. Tickets & info at www.dalailamavancouver.com

ONGOING

Cutting Edge Horticulture Certification Training through the Board of Education, Burnaby. Organic Master Gardener, Ecological Landscape Design, Landscape Horticulturist Apprenticeship, Permaculture, Residential Landscape Technician. Programs begin in the Fall. Call Violet at 604-296-6901 for a detailed brochure. www.burnabyccce.ca

Do you constantly struggle to get more clients?

Are you stressed about not paying your bills on time? Are the creditors chasing you? Join me for a 3-part series on applying the Law of Attraction to your business to ensure Faster and more Consistent results. Next course starts soon. Call or email for details. Jackie Maclean: 604-551-4986 or info@ThePowerWithin.ca

Meditation for Spiritual Awareness

Richmond and Vancouver. Science of Spirituality offers monthly classes, workshops, retreats and weekly programs – dedicated to personal transformation through meditation – under the guidance of Sant Rajinder Singh Ji Maharaj. Always FREE. www.sos.org Local info: Linda, 604-985-5840.

Pranic Healing: learn how Prana (life force) can be used to accelerate the healing of your body, mind and life. www.healingwithprana.com, healingwithprana@gmail.com

Raja Yoga Meditation: Come to learn new things about yourself, enjoy silence and find peace of mind. Meet others who are integrating spirituality into their lives. Brahma Kumaris Meditation Centre. 604-436-4795. vancouver@ca.brahmakumaris.org

Classified

For rates & placements email
classifieds@commonground.ca

KITSILANO COMMUNITY ACUPUNCTURE

SLIDING SCALE \$20-\$40. You pay what you can afford. 2948 W. Broadway, Vancouver. 604-428-1260, www.kitscommunityacupuncture.ca

RETREATS

AN OASIS FOR YOUR SPIRITUAL JOURNEY: Swanwick Centre, a beautiful 32-acre oceanfront setting near Victoria BC. Personal/group retreats, & facility rentals. Info: www.swanwickcentre.ca or email programs@swanwickcentre.ca / 250-744-3354.

THE HERMITAGE RETREAT CENTRE: Meditation & Yoga retreats May to Sept. Location: 60-acre organic farm on Denman Island. 250-335-3377, www.thehermitage.ca

ROOMS FOR RENT

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

SHAMANIC HEALING


SHAMANIC HEALING AND COACHING: Relationships, work, emotional balance, finding meaning and purpose, rediscovering joy. One-on-one/groups – Drum journeys, Book of Life & Akashic Records Readings, chakra balancing, karma releasing. See testimonials on website. sonyaweir@uniserve.com 778-227-2939. www.eaglefireshamaniccoaching.com

YOGA THERAPY FOR CANCER

GENTLE – NO YOGA EXPERIENCE NECESSARY. Certified Yoga Therapist Specializing in Cancer. Vicki: 778-227-2445, www.mettatherapeutics.ca, group/private.

PAUL HORN
MARCH 17, 1930 - JUNE 29, 2014

Thank you Paul for your support and for inspiring us with your music and your great integrity.




Thinking of Becoming a Counsellor?

Attend our Free Open House to Learn about Clearmind's

Professional Counsellor Training Program

Clearmind.com

Connecture Topic: Going Home - Discovering the Family You Never Knew You Had

Open House 6 to 7:15 pm Connecture starts at 7:30 pm
Wednesday, Sept 3, Unity of Vancouver, 5840 Oak St at 41st



The Seventh Happiness™
SCHOOL OF CHI GONG

Master Teresa is coming!

Medical Chi Gong
Oct. 17-26th

- Self-Healing Workshops
- Healthcare Professionals Certification

www.MasterTeresa.com



BANYEN
books & sound

SWAMI MUKTIBODHANANDA

HATHA YOGA PRADAPIKA

Thurs, Sept 4
Free @ Banyen
6:30-8pm

NATURE CONSTELLATIONS

with FRANCESCA MASON BORING

Fri, Sept 5
Free @ Banyen
6:30-8pm

weekend workshop: Sept 6-7
early registration recommended

MINDFUL - LIVING BALANCE

with JOEL and MICHELLE LEVEY

Mon, Sept 8
Free @ Banyen
6:30-8pm

banyen.com 604-737-8858

Discover Your
Goddess Archetype
A Shamanic Workshop for Women

Saturday, Sep. 27, 1:30pm
VANCOUVER

Shamanic Journeying,
Dance, Creativity & More

An exploration of Your Inner Divine
Feminine Through a
Shamanic-based Approach

COST: \$40

To register, email:
sonyaweir@uniserve.com

Or call:
Sonya (778) 227-2939
www.eaglefireshamaniccoaching.com

EAST IS EAST
LIVE MUSIC AT MAIN
4433 MAIN ST
(@ 28TH)



THURSDAY ~ GYPSY MUSIC
FRIDAY ~ PERSIAN AND FUSION
SATURDAY ~ FLAMENCO
WWW.EASTISEAST.CA

NON-TOXIC DRYCLEANING

helpinghand
CLEANERS

Water-based cleaning
No perchloroethylene

4050 Cambie St @ 25th
www.helpinghandcleaners.com
for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!



Learn. Empower. Inspire.

CONTINUING STUDIES

Career and personal growth opportunities.

- Yoga Teacher Training
- Image Consulting
- Cranial Sacral Therapy
- Integrative Energy Healing
- Registered Massage Therapy
- Aromatherapy
- Additional programs and courses

Learn more.

604.323.5322 | www.langara.bc.ca/hhs

Langara.

THE COLLEGE OF HIGHER LEARNING.

... *Polo* from p.5

ner stops featured delicious, healthy local fare: Zereshk Polo O Morgh (Barberry and Chicken), Lulu kabobs, pomegranate sauce, Basmati Pilaf, Persian cucumbers, sweet melons, etc. Me, I'm a fussy eater, but our guide assured us I could relax: Iran was GMO-free.

The few of us who arrived in Tehran early enough had the great benefit of relaxing with the Ilkhanizadehs for a day at their luxurious home and our practice game, arranged by Hamze, was a short walk down a meandering stone path shaded by tall mulberry. We were princes for a day, with all horses tacked and ready for us to mount.

Friday, we watched the women's game with hard-riding Persians and two English sisters, all wearing hijab with characteristic aplomb. The next day, Saturday, six teams played to decide the line-up for next weekend's finals. We visitors were mounted on big thoroughbred-Turkoman crosses – fast, agile and tough. Playing Iranian polo was a mind expanding experience. For me, it was a short cut across the millennia of polo. Even the oldest of our western polo is parvenu in comparison.

We toured ancient Persepolis, Cyrus' tomb, mirrored palaces and bazaars where sights, sounds and scents made the head spin. Executive buses kept us cool and comfortable while we watched the Iranian countryside slip by.

Our hosts Hamze and Siamiak Ilkha-



nizadeh and their elegant wives had treated us, a group of foreigners, to the journey of a lifetime. Their marvellous Iranian hospitality drew us into friendship with a large, talented and growing international polo family. Exhausted, but happy, players left with armloads of trophies, prizes and presents, with hearts full of wonderful memories and, best of all, new lifetime friends.

What a place, what a time, what a people. What a game! <

Watch the video at:

<http://www.nbcnews.com/news/world/polo-diplomacy-u-s-players-travel-iran-horse-around-n126116>



12TH ANNUAL
VANCOUVER
**LATIN
AMERICAN
FILM
FESTIVAL**
28 AUG - 7 SEPT
vlaff.org



CHANT YOUR HEART *open*



COME CHANT WITH US!
SUNDAY, AUGUST 31
10AM - 10PM

**Join us in our Beautiful Garden Sanctuary
for Sacred Music & Various Kirtan Traditions**
...live music, yoga classes, gong baths, tarot readings, chair massage,
thai massage, crystal healing, vegetarian food. Free children's activities.

ADULTS: \$18 ONLINE / \$20 AT THE DOOR
CHILDREN (5-15): \$10
FREE FOR CHILDREN UNDER 5 YEARS OLD



More info
visit: tuscanfarmgardens.com or call 604-857-1998
6834 Mt. Lehman Road, Abbotsford BC

Achieve **Mental Health**, the way *NATURE* intended!

Using our proprietary Apex Biosynthesis Conversion Technology, EMP is able to deliver the proper balance of nutrients to all areas of your body, especially the brain... helping you to become your best self through effective nutrition.

Find it at a local health food retailer near you!

For more information go to truehopeemp.com or call 1-866-397-3121.




Acupuncture & Oriental Medicine | Holistic Nutrition | Western Herbal Medicine | Holistic Doula

www.pacificrimcollege.ca



**PACIFIC RIM
COLLEGE**

**NOW YOU CAN
PROUDLY
SAY YOUR
career plans
ARE IN INFANCY.**

HOLISTIC DOULA CERTIFICATE PROGRAM

- 270-hour, on-site program
- North America's most comprehensive doula training program
- Integrating medical and birthing practices from cultures around the world
- Includes a post-graduate mentorship program

**Now offered in
Vancouver
and
Victoria!**

Market Square, Victoria & UBC Robson Square Campus, Vancouver
T 250.483.2119 TF 1.866.890.6082 E info@pacificrimcollege.ca

Learn.Teach.EMPOWER.



Achieve optimal health, well-being, and an exciting career with a Diploma in Holistic Nutrition from Canada's leading Holistic Nutrition School. **CSNN** exclusively offers the R.H.N.[™] Designation (Registered Holistic Nutritionist), the most recognized designation in the industry.

To learn more about CSNN's Natural Nutrition Diploma program, visit www.csnn.ca.

Register now for Spring classes
Starting in March 2015

Please call the respective branch for course inquiries and appointments.



Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE[®]

CSNN Vancouver
604.730.5611
van@csnn.ca

CSNN Nanaimo
250.741.4805
nanaimo@csnn.ca

CSNN Kelowna
250.862.2766
kelowna@csnn.ca

